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PAGE 16

# Blades fall to Winterhawks

**Memorial Cup.**
Next up for hosts is tiebreaker game against Knights

The Portland Winterhawks scored three times in the third period Wednesday to defeat the Saskatoon Blades 4-2 in the final round-robin game at the MasterCard Memorial Cup.

With the score tied 1-1, Chase De Leo gave Portland the lead for good at 4:08 of the third when he jammed a loose puck past Blades goalie Andrey Makarov as the Winterhawks (2-1) clinched a spot in Friday's semifinal.

The host Blades (1-2) will now take on the London Knights (1-2) in Thursday's tiebreaker game. The winner of that one will meet Portland in Friday's semi. With the Winterhawks' victory, the Halifax Mooseheads (2-1) clinched a berth directly into Sunday's final at the tournament to decide the Canadian Hockey League champion.

Derrick Pouliot, Brenden Leipsic and Ty Rattie had the other goals for Portland, which got 29 saves from Mac Carruth. Nicolas Petan added two assists for the Western Hockey League champions.

Josh Nicholls, with a goal and an assist, and Shane McColgan replied for Saskatoon, while Makarov stopped 30 shots in taking the loss.

Coming off Sunday's emotional 5-2 victory over Halifax, the Blades said prior to the game that their focus would be to get on the body early and they did just that, hitting the Winterhawks at every opportunity in the first period.

The biggest collision came when Blades defenceman Dalton Thrower caught Winterhawks right-winger Taylor Leier with his head down just inside the Saskatoon blue-line. A bloodied Leier, who is from Saskatoon, stayed face down for a few minutes before being helped off the ice and did not return. THE CANADIAN PRESS

**Coming up**

Tonight's game against the London Knights goes at 6 p.m. at Credit Union Centre.

Saskatoon Blades right winger Josh Nicholls trips over the extended pad of Portland Winterhawks goaltender Mac Carruth during the second period of Memorial Cup action in Saskatoon on Wednesday. The Blades lost the game 4-2. For more Memorial Cup coverage, see pages 4 and 21. LIAM RICHARDS/THE CANADIAN PRESS

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# Unite the Green and White!

**Game for a friendly contest?** Rider pride to be spread across province in time for Grey Cup celebrations

JEFF MACKEY
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In honour of this year's Grey Cup in Regina, Saskatchewan communities will put their Rider pride to the test this summer in a provincewide community challenge to see which city or town is home to the most fanatic melonheads.

The Richardson Pioneer Rider Nation Community Celebration will award three communities a combined $100,000 for local health and wellness projects. A big party will also be hosted in each of the triumphant towns.

The winning communities will be judged on how best they can rally together and show off their Rider pride.

"I think we will see streets renamed and replicas of Mosaic (Stadium) and almost anything you can think of," Jim Hopson, CEO of the Saskatchewan Roughriders, said on Wednesday as the competition was announced at the Saskatchewan Science Centre. "We will see the green-and-white houses and flags, and people are really creative so they will come up with ideas we haven't even heard of."

One of the stated goals of the competition is to spread the energy and atmosphere that comes with hosting the Grey Cup across the rest of the province. The winning communities will be chosen by fan voting and announced on Sept. 14 at a Roughriders home game.

"Rider Nation is truly much more than Regina and area," said Hopson. "This is the Saskatchewan Roughriders and it is really a way for those (other) communities to connect and feel a part of the experience."

The competition — sponsored by agriculture company Richardson Pioneer — is reminiscent of the 2010 Where Is Riderville? promotion, which saw Avonlea awarded the title of Riderville for the Roughriders' centennial.

Jim Hopson, CEO of the Saskatchewan Roughriders, announces the $100,000 Richardson Pioneer Rider Nation Community Celebration at the Saskatchewan Science Centre on Wednesday. The provincewide competition seeks to name the cities or towns with the most devoted Riders fans, like this masked man, inset, flexing his guns outside Mosaic Stadium last season.

PHOTOS BY JEFF MACKEY/METRO

"That was such a big success — the fans really embraced it, the communities embraced it. It was a lot of fun," Hopson said. "I envision the same thing this time."

# Chamber-music fest adds pop to repertoire

Musicians perform at last year's fest.

AMBER LING ROLLACK/CONTRIBUTED

The Ritornello Chamber Music Festival will be adding a little more pop to classical music in Saskatoon this weekend.

The annual festival hosts a number of performances aiming to expose more people to the musical style by showcasing modern compositions featuring classical instruments being played in not-so-classical ways, while also featuring more traditional performances.

"We're definitely doing something totally different," said festival co-founder and artistic director Jacqueline Woods. "We want to encourage new listeners to be engaged and excited about what we're doing. Which means more flexibility in programming and more variety."

New this year, Ritornello has teamed up with MoSoFEST to bring Montreal based classical/ pop crossover group The Plumes Ensemble to play at Vangelis Tavern May 25.

Woods said being able to host a band like the Plumes Ensemble is evidence that people across the country are starting to pay more attention to this particular Prairie music festival.

"People are starting to recognize this as Saskatchewan's chamber music festival. There's a lot of pride in that accomplishment," said Woods. "I think we're doing something for the province and we're doing something for musicians."

JANE CAULFIELD/METRO

**Fifth annual event**

**The Ritornello Chamber Music Festival takes place May 24-26.**

- Concerts include performances at Third Avenue United on both May 24 and May 25, a special performance by the Plumes Ensemble at Vangelis Tavern on May 25 and an afternoon concert at Mayfair United Church on May 26.
- For more information, head to ritornello.ca.

# Street-eat hankerings

With city council approving a policy Tuesday night that allows food trucks to operate in Saskatoon, Metro hit the streets to find out which curb-side food options the public would like to see.

MORGAN MODJESKI
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**Sahana Yesmin, 27, entrepreneur**

"I would love to see more East Indian food in the city, because in Saskatoon there's not that much if you compare it to Toronto."

**Trish Chappell, 50, accountant**

"I don't know, exactly, but I know it would be a good addition to downtown Saskatoon. I like to watch the (food-truck) TV programs and they always look interesting. So something a little bit healthy would be great."

**James Thompson, 28, manager**

"As a vegetarian I have limited options. I know when coming out of establishments at night, there are always big smokies and those types of things, but there's never really an option for the vegetarian.... It would be absolutely wonderful to walk down the middle of the Fringe and get a vegetarian something."

**Shanny Kirby, 20, student**

"I'm a vegan, so having more options like that would be awesome. When I find a restaurant that does have good vegan options, I go there a lot."

**Janelle Fredrickson, 30, stay-at-home mother**

"I like the unique ones. I watch The Great Food Truck Race so I like all the unique styles.... I like the idea of the crepe trucks."

**Lucie Levesque, 39, water scientist**

"I'm personally very excited by the thought. I found in recent years Saskatoon has been developing more of a community atmosphere.... I always love fresh fruits and natural food, but then again a good hotdog is nice too."

# Memorial Cup fans get up close and personal with Lord Stanley's mug

**Midtown Plaza.** People can't resist the call of hockey's holy grail

MORGAN MODJESKI
morgan.modjeski@metronews.ca

It's the dream-maker and dream-breaker of professional hockey, and on Wednesday morning it was in Saskatoon.

The Stanley Cup attracted hockey fans from across the country to Midtown Plaza for a chance to get close to the sport's most sought-after trophy.

On display as part of the Hockey Hall of Fame exhibit brought to Saskatoon for the Memorial Cup, the Stanley Cup was getting a lot of attention and, for some, it was a dream come true.

Brian Moodie, a lifelong hockey fan and father of Saskatoon Blades backup goalie Alex Moodie, arrived in town from Winnipeg for the Memorial Cup. He said he's been waiting a long time to get this close to Lord Stanley.

"It's been my life dream," said Moodie. "I've seen it in Toronto in the Hockey Hall of Fame, but I've never been up close to it.... I always wanted to be a hockey player, but I never had any talent."

When asked about the tournament so far, Moodie gave the event an "A-plus."

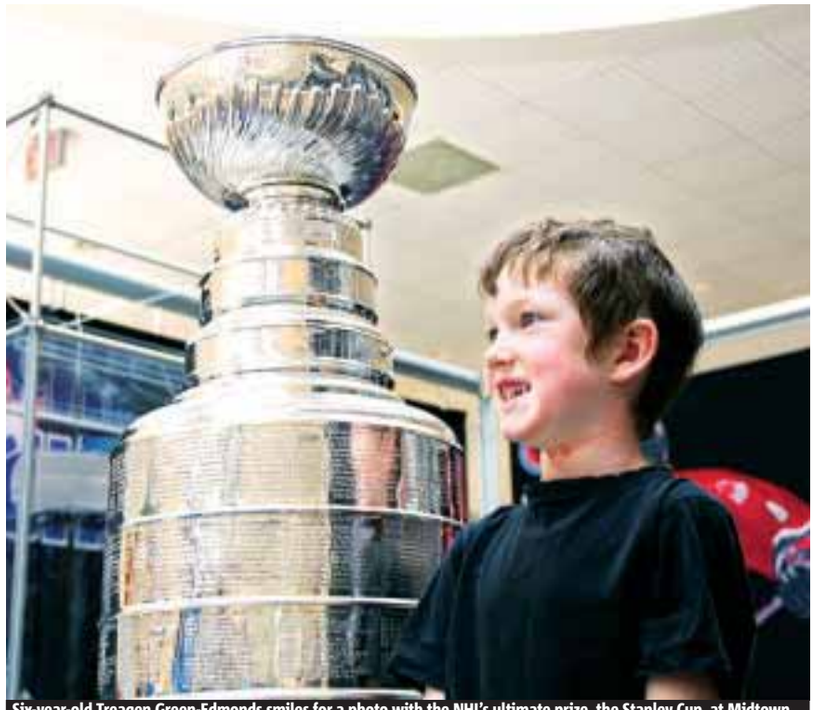
Others like Colby Gallant, a young hockey fan from Prince Edward Island, said he's been enjoying Saskatoon and the tournament.

"It's just kind of cool because we never get to see stuff like this in P.E.I. It's a once-in-a-lifetime trip," he said.

**'Hockey country'**

**The Hockey Hall of Fame's Philip Pritchard, the keeper of the cup, said wherever the cup goes, fans are sure to follow.**

- "Canada and hockey have grown up together," he said. "To bring the cup to a first-class event (like the Memorial Cup) and see the lineup of fans — it's awesome. You know you're in hockey country when that happens."



Six-year-old Treagen Green-Edmonds smiles for a photo with the NHL's ultimate prize, the Stanley Cup, at Midtown Plaza on Wednesday morning. The cup was in Saskatoon for the Hockey Hall of Fame's Memorial Cup exhibit.
MORGAN MODJESKI/METRO

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# Hundreds gather to attend memorial for Tim Bosma

**Senseless death.** Mourners remember slain Ontario man as an 'average guy who loved his family and his friends'

Quoted

**"This sort of thing doesn't happen in Canada and it doesn't happen to people like us."**

Sharlene Bosma

Tim Bosma was a mischievous man with a "crazy laugh," but most of all he was just a regular guy — and it cost him his life, family and friends say.

There was standing room only in a banquet hall in Hamilton, Ont., where hundreds gathered to remember the 32-year-old father who was killed after taking two men on a test drive.

Family and friends at the memorial focused on the senselessness of Bosma's death.

"I know that there have been skeptics out there who seem unable to believe that Tim was not somehow involved in something," his wife Sharlene Bosma said. "This sort of thing doesn't happen in Canada and it doesn't happen to people like us."

It is difficult to accept, she said, because it means it could have happened to anyone.

"But for me, it didn't happen to just anyone," she said, fighting back tears. "It happened to my husband and the father of our child. Tim is my someone. He is my person, my other half."

THE CANADIAN PRESS

Sharlene Bosma pauses during her speech as her father Louis Veenstra looks on Wednesday at a memorial in Hamilton, Ont., for her husband, Tim Bosma, who was found dead after he took two men on a test drive. NATHAN DENETTE/THE CANADIAN PRESS

Ongoing investigation

## *Second suspect arrested*

Hamilton, Ont., police say a second man has been arrested and will face a charge of first-degree murder in the death of Tim Bosma.

On Wednesday police arrested Mark Smich, a 25-year-old man from Oakville, Ont., who police say is one of the men who went on the test drive and is to appear in court on Thursday in Hamilton where he'll face a charge of first-degree murder.

A Toronto man, Dellen Millard, is already facing charges of first-degree murder, forcible confinement and theft of a vehicle.

Police are looking for at least one other suspect — a third person they believe was following Bosma's truck in another vehicle.

Police now say that vehicle was a dark blue GMC Yukon SUV owned by Millard.

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**Jailhouse interview.**

## Convicted killer says she 'deserves a second chance'

In a surprise jailhouse interview just hours after a jury began deliberating whether she will live or die, the woman at the centre of a murder case that captivated many Americans spoke out Tuesday about her trial, her fights with her legal team and her belief that she "deserves a second chance at freedom someday."

Arias was convicted last week of first-degree murder in the June 2008 stabbing and shooting death of her one-time lover in what prosecutors described as a cold, calculated killing carried out in a jealous rage. Arias maintains it was self-defence.

Arias provided some new information about her case and how she believed her lawyers let her down by not calling more witnesses who could have bolstered her claims that she was a victim of domestic violence at the hands of Travis Alexander.

Arias acknowledged it was unlikely she would ever be released, but believed she deserves a second chance.

"To this day, I can hardly believe I was capable of such violence. But I know that I was," Arias told jurors. "And for that, I'm going to be sorry for the rest of my life."

THE ASSOCIATED PRESS

Convicted killer Jodi Arias thinks about a question during an interview at the Maricopa County Estrella Jail on Tuesday in Phoenix. Arias was convicted recently of killing her former boyfriend Travis Alexander back in 2008, and could face the possibility of the death penalty. ROSS D. FRANKLIN/THE ASSOCIATED PRESS

Cleveland

## Rescued women 'happy and safe'

The three women rescued after being held captive in a house in Cleveland for about a decade want everyone to know they are doing fine and appreciate offers of help.

The message was relayed in a letter released Tuesday by their attorneys.

The letter said Amanda Berry, Gina DeJesus and Michelle Knight are happy and safe. A charity fund to help the women has raised more than $650,000 US from over 6,800 donors.

"These three brave women have asked us to give this message to everyone who has expressed concern and support," said the attorneys, who are representing the women for free. "Amanda, Gina and Michelle want you to know they are doing well. They are happy and safe and continue to heal, a process that requires time and privacy.

"To have complete strangers offer loving support in the form of money, goods and services, reaching out to help like a family member, is appreciated in ways that are impossible to put into words."

THE ASSOCIATED PRESS

# For Sasha Menu Courey, the end came far too soon

**Borderline personality disorder.** Parents take up the cause for daughter diagnosed with mental illness who committed suicide in 2011

JESSICA SMITH
Metro in Toronto

Sasha Menu Courey wrote in her diary that dialectical behaviour therapy was "air" to her — no small metaphor for someone who, as a world-class swimmer, knew more than most of us about what it means to breathe.

She killed herself about three weeks later, in June 2011.

Sasha's parents believe she ended her life, at least in part, because she couldn't face leaving the hospital that was giving her the vital dialectical behaviour therapy (DBT) before her treatment was complete.

Borderline personality disorder (BPD) isn't well understood. Chances are you have a distorted idea of it, thanks to shows such as Criminal Minds, or the Jodi Arias murder trial.

When Sasha told her mother, Lynn Courey, she had been diagnosed with BPD, Lynn responded with hope, saying, "Oh, it's not bad — you're on the borderline of a personality disorder."

"I didn't know anything then," Lynn said recently as she sat with her husband, Mike Menu, and daughter Kaya Menu Courey in the living room of their Toronto home. "I didn't know."

### What is BPD?

"Borderline" doesn't mean BPD isn't serious. The name is outdated jargon that refers to the disorder being on the border of two other diagnoses.

People with BPD have difficulty controlling their emotions and impulses. They're sensitive and they feel things intensely, said Dr. Shelley McMain, head of the Borderline Personality Clinic at the Centre for Addiction and Mental Health (CAMH) in Toronto.

But unlike the impression given by television and sensational trials, it doesn't mean they're violent toward others. About one in 10 people diagnosed with BPD dies by suicide, McMain said.

Although BPD is not uncommon, treatment is hard to come by. CAMH is the only hospital in Toronto with a clinic devoted to treating BPD, and one of only a handful in Canada.

### What is DBT?

CAMH treats BPD patients with dialectical behaviour therapy, a talk therapy developed in the 1990s. One key component is validation — a way of talking to someone with empathy, by expressing that you know their emotions are understandable and real, instead of saying they're wrong to feel the way they do.

Lynn and Mike recall trying to help Sasha when she felt bullied and alone. Following their best instincts, they would try to comfort her and tell her she shouldn't be sad, but their response would make her feel angry or misunderstood and worried that something was wrong with her.

Another component of DBT is learning mindfulness, which is "being aware of the current moment without judgment, being present," McMain said.

Mike and Lynn have begun teaching Toronto students and teachers about BPD and validation techniques. They'd like to see a mental-health curriculum in schools that teaches about mental illness without stigma, and about the basics of DBT.

**Trying to cope**

**"But my kid had just tried to kill herself. We left this place with shame and guilt. What did we do to our daughter for her to feel this way?"**

**Lynn Courey,** Sasha's mother

### Sasha Menu Courey

Sasha was born on March 10, 1991, sensitive from the start but physically strong. "She was born with muscle," Lynn said.

Sasha joined the Etobicoke Swim Club and set the 12-years-and-under record for the 50-metre freestyle. She would cry if she didn't beat her best time, even if she won. Her parents would tell her that she shouldn't be upset about that — and learned almost a decade later that there was a better way to talk her through it.

At 15, Sasha left Toronto to swim at the National Training Centre in Montreal. When an injury forced her to stop training temporarily, the drop in endorphins and serotonin that come from exercise made her depressed, her parents said.

Sasha Menu Courey, who died in June 2011. FAMILY OF SASHA MENU COUREY/CONTRIBUTED

**BPD education**

**Lynn Courey and Mike Menu are on a mission to educate people about borderline personality disorder and dialectical behaviour therapy.**

- They run the Sashbear Foundation (sashbear.org) and are holding its first Borderline Walk on May 26, beginning in Sunnyside Park in Toronto.

"Then, last but not least, she had her heart broken," Lynn said. "And then she tried to kill herself in May 2007."

Sasha's parents took her to Sunnybrook Hospital in Toronto, where a psychiatrist diagnosed her with nothing more than teen angst. "But my kid had just tried to kill herself," Lynn said. "We left this place with shame and guilt. What did we do to our daughter for her to feel this way?"

Sasha resumed her routine and went on to swim with the junior national team, then accepted a full scholarship at the University of Missouri.

But when a back injury forced her to stop swimming, the problems of 2007 returned.

Sasha checked herself into the psychiatric ward of a hospital in Columbia, Mo., and was diagnosed with BPD. The night she was released, she and another girl she met there told her parents they were going out to let off steam. Instead, they had a suicide pact.

Both girls survived, and Sasha's parents tried to bring her home to Ontario for treatment, but CAMH's waiting list was too long. So they took her to a private hospital in Boston that cost $44,000 a month.

There, Sasha improved as she and her parents learned about BPD. But the cost forced her family to arrange to take her back to Canada.

Sasha didn't make it home.

"She wanted to live," Lynn said. "She loved life. She just couldn't live with this excruciating pain."

# Harper swears ignorance of $90K bailout of senator

**First public comments.** PM says he would have denied chief of staff's donation if consulted

Prime Minister Stephen Harper's government deploys a vast early-warning communications system to warn of potential problems ahead.

But Harper insisted Wednesday that he learned about his right-hand man bailing out an embattled Conservative senator in much the same way as other Canadians did: by seeing it on the news.

"Immediately upon learning that the source was indeed my chief of staff, Nigel Wright, I immediately asked that that information be released publicly," Harper said at a news conference in Peru, the first time he's taken questions publicly on the scandal.

"Had I obviously been consulted, more importantly, I would not have agreed, and it is obviously for those reasons that I accepted Mr. Wright's resignation."

Wright quit on Sunday as details emerged on him giving Sen. Mike Duffy $90,000 to repay what he improperly expensed for housing. Duffy quit the Conservative caucus last Thursday.

The scandal is under investigation by the federal ethics commissioner; Duffy's expenses in particular are being reviewed again by an internal Senate committee.

The payment allowed Duffy to stop co-operating with the external audit of his expenses. THE CANADIAN PRESS

Stephen Harper said he is "extremely angry," but the mess was dealt with promptly. SEAN KILPATRICK/THE CANADIAN PRESS

**Senate review**

## *Passage cut in report*

The Tory-dominated closed-door Senate committee studying Mike Duffy's improper housing expenses deleted reference to his failure to co-operate with external auditors before releasing its report.

Another section, which called the language explaining residence rules "unambiguous," was also deleted — but stayed in the reports on other senators.

Duffy, meanwhile, said he's pleased the same committee will be reviewing his expenses once again. THE CANADIAN PRESS

# Toronto mayor's brother condemns crack craze

Mayor Rob Ford stayed silent on Wednesday. STEVE RUSSELL/TORSTAR NEWS SERVICE

Rob Ford's staunchest supporter attempted on Wednesday to quell the controversy raging around Toronto's mayor over his alleged use of crack cocaine by citing his record in office and blasting the media.

"Rob is telling me these stories are untrue, that these accusations are ridiculous," said Coun. Doug Ford.

"And I believe him."

Ford did little to douse the flames sparked by reports last week from the website Gawker and Torstar News Service. They say the mayor appears to have been caught on video smoking crack and making homophobic and racist remarks.

The mayor's only comments came Friday, when he briefly called the allegations "ridiculous" and suggested Torstar was out to get him.

Instead, Doug Ford lauded his brother's achievements — such as balancing the budget — before lashing out at the media.

He accused reporters of going on a witch hunt, reserving his harshest criticism for Gawker.

"What you are doing is disgusting," Ford said. "Giving away prizes to try to raise money for drug dealers and extortionists is disgraceful."

Gawker has been trying to raise $200,000 to buy and post the video, reportedly being shopped around by a Toronto drug dealer.

"Never has a Canadian politician, or his family, been targeted by the media this way," Ford said. "They zealously stalk my mother, my children — the media hides in the bushes at our cottage." THE CANADIAN PRESS

**Kicked off the team**

**In another blow Wednesday, the Toronto District Catholic School Board dropped the mayor as volunteer football coach of the Don Bosco Eagles.**

- Ford allegedly disparaged the players in the video.
- The board made no reference to the drug allegations in a statement.

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**Oklahoma**

## Tornado death, damage tallied

The tornado that tore through an Oklahoma City suburb hit or destroyed as many as 13,000 homes and may have caused $2 billion in damage, officials said Wednesday.

State authorities meanwhile said two infants were among the 24 dead.

According to Oklahoma Insurance Department spokeswoman Calley Herth, the financial cost of the tornado in Moore could be greater than the $2 billion from a 2011 tornado that killed 158 people in Joplin, Miss., which left a smaller trail of destruction.

Officials were unable to count the number of people left homeless, because many have been taken in by relatives and only a few dozen have stayed overnight at Red Cross shelters.

As of Wednesday night, six adults remained unaccounted for, said Oklahoma Department of Emergency Management Director Albert Ashwood. It's possible those people had just "walked off" their properties or could still be found in the rubble, he said. THE ASSOCIATED PRESS

**New York City**

## The crotch-shot congressman runs for mayor

Anthony Weiner's run for mayor of New York City is officially on.

"I'm running for mayor because I've been fighting for the middle class and those struggling to make it my entire life," the ex-congressman said late Tuesday. "And I hope I get a second chance."

Weiner is hoping to go from punchline pol whose career imploded after a tweeted crotch shot two years ago to leader of America's biggest city.

Anthony Weiner THE ASSOCIATED PRESS

The Democrat is jumping into a crowded field but is arriving with some significant advantages, including a $4.8-million campaign war chest, the possibility of more than $1 million more in public matching money, polls showing him ahead of all but one other Democrat — and no end of name recognition. THE ASSOCIATED PRESS

# London attack leaves man hacked to death

**Two suspects hospitalized.** British PM says there are 'strong indications' it was a terrorist incident

A British official says a violent attack near a London barracks on Wednesday is being investigated as a possible terrorist act. ALASTAIR GRANT/THE ASSOCIATED PRESS

In a brutal daylight attack that raised fears that terrorism had returned to London, two men with butcher knives hacked another man to death near military barracks on Wednesday before police wounded them in a shootout.

In a shocking video broadcast on British TV, one man gestured with bloodied hands, waving a butcher knife in the air and shouting political statements against the British government as pedestrians stood nearby a body lying motionless on the street. Bloodstains coated the street.

British officials said the attack appeared to be an act of terrorism, possibly motivated by radical Islam.

The two suspects remained hospitalized on Wednesday but their identities and that of their victim were not known. One of them was reported to be in serious condition.

French President Francois Hollande, speaking at a press conference in Paris, said it was a British soldier who was killed. British Prime Minister David Cameron didn't immediately confirm that fact.

THE ASSOCIATED PRESS

## Boston Marathon. Man shot to death during FBI probe into bombing

A Chechen immigrant was shot to death by authorities while being questioned in the Boston Marathon bombing case early Wednesday after he lunged at an FBI agent with a knife, officials said.

Ibragim Todashev, a 27-year-old mixed martial arts fighter, was gunned down at his home during a meeting with the agent and two Massachusetts state troopers, authorities said. The agent was taken to a hospital with injuries that were not life-threatening.

The FBI gave no details on why they were interested in Todashev. But acquaintances said Todashev knew one of the Boston Marathon bombing suspects, Tamerlan Tsarnaev, from mixed martial arts fighting.

Tsarnaev was killed in a shootout with police days after the April 15 bombings. His brother, Dzhokhar, survived and is charged with carrying out the attack that killed three people and wounded more than 260.

THE ASSOCIATED PRESS

**Afghanistan**

### Suicide bomber kills anti-Taliban village elder, 3 others in market

A suicide bomber on foot killed an anti-Taliban village elder and at least three others in a busy marketplace Wednesday in central Afghanistan, the latest in a wave of assassinations and bombings.

Habibullah Khan was killed along with two bodyguards and a civilian bystander in the afternoon attack in Ghazni province's Moqur district, police said. At least 14 civilians were wounded, most of them shoppers and merchants.

THE ASSOCIATED PRESS

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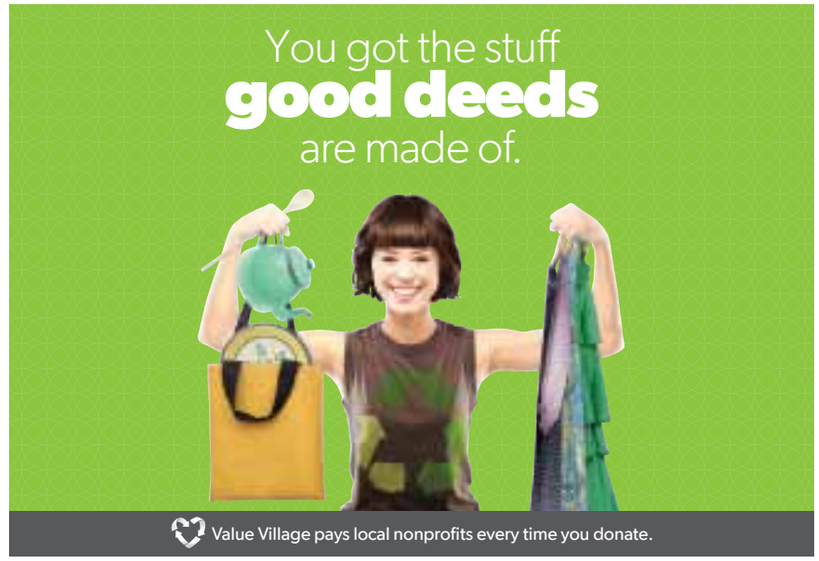


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# Eatery's owners show how not to behave online

**Social media.** Arizona restaurateurs' poor conduct highlights the importance of dealing with negative reviews

Amy's Baking Co. in Scottsdale, Ariz., temporarily closed after an episode of Kitchen Nightmares aired. THE ASSOCIATED PRESS

It was the customer-service disaster heard around the Internet.

A restaurateur in Scottsdale, Ariz., fed up after years of negative online reviews and an embarrassing appearance on a reality television show, allegedly posted a social-media rant laced with salty language and angry uppercase letters that quickly went viral last week, to the delight of people who love a good Internet meltdown.

"I AM NOT STUPID ALL OF YOU ARE," read the posting on the Facebook wall of Amy's Baking Co. in Scottsdale. "YOU JUST DO NOT KNOW GOOD FOOD."

It was, to put it kindly, not a best-business practice. Add to that an appearance this month on the Fox reality TV show Kitchen Nightmares — where celebrity chef Gordon Ramsay gave up on trying to reform the restaurant after the owners refused to listen to his advice — and you have a recipe for disaster.

"That's probably the worst thing that can happen," said Sujan Patel, founder and CEO of Single Grain, a digital marketing agency in San Francisco.

In the evolving world of online marketing, where the power of word of mouth has been wildly amplified by the whims and first impressions of anonymous reviewers posting on dozens of social-media websites, online comments, both good and bad, and the reactions they trigger from managers, can make all the difference between higher revenues and empty storefronts. THE ASSOCIATED PRESS

## Real estate. Home-buying intentions remain relatively strong, bank report finds

Nearly half of Canadian homeowners intend to buy a property in the next five years, despite a cooling off in the housing market, a new report suggests.

The BMO Housing Confidence Report says the 48 per cent figure is mostly unchanged from late 2012, suggesting continued confidence in the housing market.

Among major cities, the report found a five-point gain in buying intentions in Vancouver, while Calgary was down by 13 points.

Buying intentions in the Greater Toronto Area and Montreal have held steady, while Atlantic Canada has seen a 15 per cent jump in buying intentions.

The bank's report further suggests close to half of all homeowners under 40 intend to purchase a larger home within the next five years.

The BMO report by Pollara was based on online interviews with a random sample of 1,008 Canadian homeowners between Feb. 21 to 27. THE CANADIAN PRESS

The housing market slowdown hasn't had much impact on consumer buying intentions, a new BMO report says. THE CANADIAN PRESS FILE

**Economic impact**

### Housing slowdown could cost 150K jobs, group warns

Canada's housing market is slowing dramatically in terms of both sales and construction, dragging down economic growth and putting some 150,000 jobs at risk in coming years, the Canadian Association of Accredited Mortgage Professionals warns in its spring report. The group stops short of calling the slide that began about nine months ago a crash. THE CANADIAN PRESS

**Market Minute**

**DOLLAR** 96.41¢ (-0.98¢)

**TSX** 12,752.50 (+10.07)

**OIL** $94.28 US (-$1.90)

**GOLD** $1,367.40 US (-$10.20)

**Natural gas:** $4.18 US (-1¢)
**Dow Jones:** 15,307.17 (-80.41)

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## One-third of Canadian households live paycheque-to-paycheque, study finds

Almost one-third of Canadian households report never or almost never having any money left to save after paying their bills, says a new study issued on Wednesday.

Households that reported no wealth accumulation tended to be working, middle-aged people — although of varying income levels, says the study by the Certified General Accountants Association of Canada.

"They felt that their incomes were not keeping pace with the cost of living," said Rock Lefebvre, co-author of the study, which surveyed more than 1,800 people.

Consumer consumption was among the things hurting the accumulation of wealth, Lefebvre said. "This consumption pattern that has emerged over the last decade ... is playing havoc with people's ability to save," he said. THE CANADIAN PRESS


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# MY GOOGLE GLASS IS HALF EMPTY

HE SAYS

**John Mazerolle**
metronews.ca

Attention early adopters: Google Glass is on its way, and the new wearable technology is going to completely revolutionize the way that humans irritate each other.

The computer/eyeglasses hybrid hasn't yet been released to the general public, but Google Glass is already at the centre of the great debate that accompanies the arrival of any major new technology.

Namely: Is it a force for evil, or for good?

Is Google Glass a further erosion of our privacy, like CCTV cameras or the mirror? Or is it a great tech leap forward, like the jump from Nintendo to Super Nintendo?

My best guess? Neither. There will be a few innovative uses, sure, and a few major misuses, and a totally disproportionate amount of porn.

But I suspect people who think there will be life-altering repercussions might find that there's a Glass ceiling to be hit.

I've seen the glasses described as "augmented reality," which seems like a bit much. It's not as if it will provide a holodeck-like experience, allowing you to walk the vast empty expanse of Google Plus in 3D.

Google Glass is, for all intents and purposes, just a hands-free iPad.

Which is why I say its major impact will be providing innovative ways for people to irritate each other.

Look deep into the crystal (display) ball and you'll see what I mean:

- First the general public will scoff at the early adopters standing in line on Opening Day, then the early adopters will roll their eyes a few months later as moms and dads buy each other Google Glasses for Christmas
- Eventually there will be different styles and capabilities of Google Glass, and they'll become status symbols, with each clique annoyed that the other owns the device for the "wrong" reasons. Presumably the hipster Google Glasses won't even have lenses.
- There will be some anti-Glass protest groups decrying the end of privacy. They will make many good points, but they'll also be so smug and self-important that you'll be glad their cause is hopeless.
- One moronic motorist will, say, drive into scaffolding while playing Angry Birds on his glasses, setting off numerous idiotic political debates that will accomplish nothing. A U.S. senator will say something about the glasses that show he has not used a new piece of technology since the Vic-20.
- Once the device is ubiquitous, it will be hard to tell whether random people are Googling, which means Google Glass will combine the phone app annoyance of being ignored, with the phone call frustration of hearing only half a conversation.

In short, these new Portable Annoyance Devices, or eyePADs, will be deeply irritating at times. But they're not going to hasten the end of civilization, either, and you'll probably own one eventually.

Like all technology, Google Glass will only be as good or as bad as the humans who wield it. So we probably are doomed. But only to disappointment. Google Glass half full?

ZOOM

# These automatic flowers will do

LAURA HENDRIKS/WIM NOORDUIN

## Microscopic crystals bloom in beaker

Scientists at Harvard University have been able to grow microscopic crystals into dainty "flower" structures on a beaker of chemical fluid.

Dr. Wim Noorduin and his team at the Harvard School of Engineering and Applied Sciences (SEAS) found they can control the growth behaviour of crystals to create intricate molecular objects. Two chemical compounds are dissolved in water in a simple glass beaker.

As $CO_2$ enters the beaker from the air, it triggers reactions that result in forming microscopic objects, a process that takes up to four hours.

"By manipulating the mixture's conditions, like adding some acid or kitchen salt, a large diversity of shapes — from vases to corals — can be made," says Noorduin.

"When zooming in using an electron microscope, you see that inside the beaker a vast landscape of complex, sculpted microstructures has evolved in which you can get completely lost. It really feels like you are diving in an alien coral reef," he added. METRO

**Petals in zoom**

**50**

micrometres (0.00005 metres) is the size of one "flower" — equivalent to the width of six red blood cells, or smaller than the thickness of a bank note. While Noorduin admits that "there are no practical applications yet," making these aesthetically pleasing objects "moves towards the control that is required for many practical applications, such as optical materials and catalysts."

Click bait

HANNAH ZITNER
hannah.zitner@metronews.ca

**Just in time to start tabling your summer travel plans, a new gastro-site is helping connect tourists with local foods. Imagine Airbnb meeting Feastly, and you get the idea: Cookening.com is a site dedicated to matching eager chefs with hungry tourists (though locals are invited, too). Cookening doesn't have what you're looking for? Try these similar sites:**

**EatWith.com**
Your taste buds will be tickled in New York, Spain and Israel with this site.

**Kitchen.ly**
This one transforms the dining experience by allowing users to register as cooks.

**Eatfeastly.com**
Chefs in Canada and the U.S. participate in this foodie frenzy.

Twitter

**@metropicks asked: Are you worried about Canada's reputation abroad because of Rob Ford?**

**@joshmcconnell:** A prominent appearance on The Daily Show with Jon Stewart means we have made it. People know it is an outlier situation anyway.

**@A_McDo:** No, the world will soon return to never, ever thinking about Canada.

**@NikkiLambTudico:** I'm not worried. Firstly, he doesn't represent all of Canada. Second, no country is immune to idiotic politicians. #dimeadozen

**@FrenchmanCanada:** I'm more worried about the allegations being true.

"I don't care what they say about me as long as they spell my name correctly." - Canada

**@RealMarcDunn:** It's sad that one of the most diverse & wonderful cities elected a mayor who continues to exemplify everything Canada is NOT.

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SCENE 2

# The princess, the pea and my cousin Sasha

**Interactivity the key.**
Theatre ensures young kids take part in the story while bigger kids get their version too

BACKSTAGE PASS
Simon Hiatt
saskatoon@metronews.ca

**Details**

**Take note.** The one hour performances of The Princess and the Pea will be performed at 1 p.m. on May 25 and 2 p.m. May 26, while the half hour show runs at 11 a.m. on May 25; all shows are at the Refinery.

Wide Open Children's Theatre presents The Princess and the Pea. SUPPLIED

Life in the theatre can be unpredictable, even under ideal circumstances. The puppeteers who make the characters come to life during Wide Open Children's Theatre's productions face a broad array of variables every day, and that's the way they like it.

For starters, the plot and dialogue can change greatly, depending on the whims of those watching the show.

"Each show is different because we cater to what's going on in the audience that day. And it's hilarious when someone shouts something out that becomes a part of it," said performer and co-artistic director Jacklyn Green.

And while it isn't uncommon for theatre-goers to say they identify with the characters on stage, the young attendees at Wide Open shows can take that to a whole new level.

"(In the last show) we had someone yell out 'My cousin's name is Sasha!' so you just riff off of whatever is going on in their worlds."

Such outbursts would not be tolerated in most theatres, but they're all a part of the show with Wide Open, where interactivity is the name of the game. "We like to incorporate the kids into the show. If there's a problem, they help solve it. In this story we have a big thunderstorm, and they help make the noise and I think kids enjoy being included in the story."

In addition to the somewhat improvisational nature of the production, they are currently staging two different versions of The Princess and the Pea; an hour-long instalment aimed at older kids, and a shorter one for their younger counterparts.

"Probably half an hour is all they're going to sit through, so that one's packed with a lot of action and participation, so it keeps them involved, and then the one hour version follows a lot more of the bigger storyline."

Both versions of the show are based on the classic Hans Christian Andersen fairy tale, albeit somewhat loosely.

"It's a popular story that most people have heard before," said Wide Open's Ed Mendez. "But we put the Wide Open twist on it and hopefully have the kids singing and patting their heads and rubbing their tummies."

Green, who has been with Wide Open for five years, says performing in this type of production is extremely rewarding, especially when she sees that audience members believe the puppets are real people. And it isn't just the younger folks who buy into the magic.

"I've met adults when we've been out at the Fringe Festival and taking a puppet around, they'll talk to the puppet, they will not talk to you."

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Jessica Walter returns as the booze-fueled matriarch Lucille Bluth on Arrested Development. HANDOUT

# Get her a vodka rocks, Lucille Bluth is back and ready to go

**Arrested Development.** Jessica Walter's 50-year acting career has entered a renaissance, and she's grateful for it

TODD GILCHRIST
Metro World News

By her count, Jessica Walter has been a member of the Screen Actors Guild for 50 years, a period of time that encompasses a vast body of work — dramatic (Grand Prix), suspenseful (Play Misty For Me), supernatural (Dr. Strange) and, most recently, comedic (Archer). But for Walter, the forthcoming return of Arrested Development offers a reassuring reminder that her career has transcended not just different genres, but different generations.

"Certainly demographically, there are probably people who thought I was dead," Walter says candidly. "I have people that are my age and older who know who I am, who remember some of my work from the old days, and then I used to get, 'Wow, my mother really likes you.' Then I'd get, 'My grandma really likes you.' And now I get 'I really like you!' So how can I be unhappy about that?"

**No writer's block here**

**"The thing about our show, which I think you probably realize from watching it, is that the writing is so character-specific."**

**Jessica Walter**
On Arrested Development.

According to Walter, who plays boozy matriarch Lucille Bluth, virtually every line of dialogue in the 15 new episodes creator Mitchell Hurwitz wrote has a double (or even triple) meaning, much like those in the 53 episodes of the show that were broadcast during its three seasons on Fox. But because each episode now focuses on a different character, instead of simply following Jason Bateman's Michael Bluth, conversational contexts shifted frequently — a change that provided a considerable challenge for Walter and her co-stars as they navigated their way through Hurwitz's latticework of plot strands and one-liners.

"We didn't know a whole lot, a lot of the time, which makes it much more difficult," she admits. "In the end, it all worked out, but it's a strange way to work because you don't have all of the materials."

Still, the actress says she slipped easily back into the role, even after a seven-year hiatus between the show's cancellation and its rebirth on Netflix.

"The thing about our show, which I think you probably realize from watching it, is that the writing is so character-specific," she observes. "Once I heard Tony (Hale's) voice and once I saw him, there he was with the hook and his pathetic demeanor, he was my little Busty again."

Between Lucille on Arrested Development and Mallory Archer on Archer, Walter finds herself in the midst of a remarkable career renaissance, a fact she's grateful for, regardless of whether people know her prior to playing these cantankerous, irresistibly manipulative mothers.

"I'm so glad they think of something," she says humbly.

"At my age I'm privileged that they think of something, so it doesn't bother me a bit if they think of me as Lucille. And people have been really nice — they don't seem to think of Lucille as horrible, thank God. But as long as they're thinking of me, it makes me happy."

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**Twitter**

**@ABFoundation**
When I am in Europe, I realize how behind the rest of the world the US is vis a vis renewable energy...

**@MissKellyO**
I swear to god I have spent the better part of a day staring at the wall the antibiotics the DR put me on are so strong!

**@sethrogen**
I finally joined Facebook! To make up for lost time, I made a tutorial vid showing how to roll a CROSS JOINT!

# Is Will Smith going to get jiggy with Kanye West?

Will Smith may be heading back to the music world, and if he does we have Kanye West to thank.

"I've been messing around with Kanye," Smith tells HipHollywood.com.

"We went in the studio a couple times, so I might get the bug. I'm not going to do it unless I'm truly inspired, but (Kanye has) been pushing me a little bit."

Smith has not released any music since 2005.

Will Smith

# Brad and Angie: Still gaga

Brad Pitt and Angelina Jolie aren't afraid to show their affection for each other — even if their kids protest, to hear Pitt's pal, Frank Pollaro, tell it. "Once I walked in and Angie was standing there and Zahara walked up and said, 'Daddy, you're not going to start making out with Mommy again, are you?'" Pollaro tells Esquire. "And it's like that. This is a guy who has tried not to do any sexy scenes with other women since he's met Angelina. He's crazy about her, and she's the same way about him."

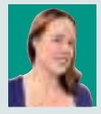
Angelina Jolie and Brad Pitt

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

**The Word**

## *Things just got 'real' for this housewife*



THE WORD
Dorothy Robinson
scene@metronews.ca

The Real Housewives of the OC star Tamra Barney joins the ranks of Bethenny Frankel and Kim Zolciak as Housewives who have gotten their own Bravo show. The divorced mother of four's new show will centre around her wedding to fiancé Eddie Judge, which will be held this summer in California. The two are then opening a gym together (of course they are).

So far, the show has no title, but the spin-off is a no-brainer, according to RadarOnline. "For Bravo, she has it all: the romantic storyline of getting married, for a third time, the drama with the other OC Housewives and she'll inevitably be a beautiful bride, when she walks down the aisle," a source tells the site.


# RECEPTIONIST

**Reporting to the Office & Sales Admin Manager, Western Canada, the right candidate for this 3 month contract position will carry out a range of administrative and operational tasks related to the daily operations of the business in the Metro Saskatoon operation. As well as provide operational and executive support to the Sales/General Manager, Metro Saskatoon and any additional administrative support as directed.**

**PRIMARY RESPONSIBILITIES:**

- Responsible for all administrative projects as assigned
- Responsible for the general daily office operations
- Oversee the monthly purchases of office supplies and send required accurals to Metro English Canada.
- General reception duties and Customer service requests
- Oversee couriers and mail; both incoming and outgoing
- Responsible for prompt office maintenance and repair work
- Responsible for maintaining accurate staff lists and directories
- Answering telephones, call screening and forwarding
- Deal with complex queries and complaints, by email, phone and in person
- Greet visitors and guests

**REQUIREMENTS OF THE POSITION:**

- 2-3 years of demonstrated success in a similar role
- Great organizational and time management skills
- Outstanding communication skills
- Intermediate knowledge of Microsoft Office - Word, Excel & Outlook
- Attention to details and thoroughness in the execution of tasks
- Must be a team player with a great, and we mean great, sense of humor

**Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than June 14, 2013. PLEASE QUOTE: "Receptionist - Saskatoon" in the subject line. All submissions will be treated as confidential.**

metro


# The skinny on Zoe Saldana's weight

Zoe Saldana is shaking her head at the backlash she's been feeling over her Allure magazine cover spread that revealed her weight as 115 pounds. "I don't understand it sometimes. It almost felt like you were just looking for a reason to just be upset at the fact that I allowed myself to be very free and collaborating with a magazine that is known for collaborating with the subjects," she tells E! News. "It's not the first time that people have said, for such a delicate-looking person, you're very tough. And I think that was the idea that they wanted to get across as a compliment to what they saw in me."

Zoe Saldana

Kristen Stewart PHOTOS: GETTY IMAGES

# KStew and RPattz: Never, ever getting back together?

In the wake of her split from Robert Pattinson, Kristen Stewart is apparently seeking the counsel of a pal who's something of a breakup specialist. The Twilight star was spotted heading to Taylor Swift's Beverly Hills home earlier this week, according to PopSugar. Stewart reportedly "spent all day there" before heading home. This comes after Pattinson was seen removing his possessions and dogs from Stewart's house. "She tried, they both tried," a source tells Us Weekly of the split. "They're both good people. It was just not the right thing for either of them right now."

IT'S NEVER JUST A JOB
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# Double-duty denim

This spring, denim comes in patched looks that are one part '60s hippie and one part '90s grunge (with a touch of '80s Marty McFly)

KENYA HUNT
Metro World News in London

**3.1 Phillip Lim**

Chambray pants, $425, netaporter.com

**Madewell**

Two-tone chambray shirt $88, madewell.com

**Reiss**

1971 Robbie shirt $170, reiss.com

**Zara**

Jeans, $80, zara.com

**MiH**

Jeans, $235 netaporter.com

**Real world application**

## *A test run*

Every season offers a new interpretation of denim, some easier to pull off than others.

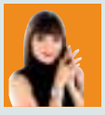
Last year's look — those ubiquitous leopard spots — were harmless and versatile. But this season brings some more challenging fare — neon tie-dye anyone?

On the surface, two-tone jeans look like they'd be dangerous, placing you in ironic, hipster, try-too-hard territory. But they're actually versatile, striking a good balance between right-now and still-stylish-later.

I chose a pair by the British label Made in Heaven because they did just that, plus, they're just skinny enough without preventing one's ability to breathe. I wore mine with a graphic blouse, tailored coat and pumps, an outfit that successfully took me from the office to dinner with friends afterward.

KENYA HUNT, MWN

**Twitter**



JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

Feeling super chic in my cap+gown, with my honourary doctorate @SMUHalifaxNews

With the fabulous @Marcilen @EDITbyJeanneB showroom in #Montreal on Chabanel St. For @CTVCanadaAM

**The Kit**

## Canadian street style

**Spotted in: Ottawa**

**Sandra**

**TD Canada Trust Employee**

**Age: 21**

**What she's wearing**
Aritzia Sweater, jean jacket from Garage, paisley scarf from the market in downtown Ottawa, leggings from American Apparel, and Combat Boots from Spring.

**Her inspiration**
"I am inspired by my mood! I dress according to how I am generally feeling when I get up!"

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM – AND A WEEKLY NEWSPAPER SECTION TOO!

# Cannes vs. the Billboard Music Awards

On the surface, the two red carpets couldn't seem more different. But in reality, they share a lot in common, like a slew of wacky, attention-grabby outfits. We look at the best and the worst.

METRO WORLD NEWS

## The pretty young things

Cannes: Cara Delevingne shows she's got grown-up sex appeal by swapping her trademark beanie and high-tops for a Burberry dress with a plunging neckline.

Billboard: Legs for miles: Taylor Swift shows why she's a one-woman disco in a sparkling Zuhair Murad mini.

## The attention-grabbers

Cannes: Hang on, who the hell is Elena Lenina? Exactly. Nobody knows, which explains why the Russian TV presenter and "model" chose to wear a pompadour hopped up on Viagra to Cannes.

Billboard: Never underestimate the power of an obscenely high slit to land a girl in the papers. Oh the cheek of it, Ke$ha! And with a new single, Warrior, to promote, it's worth trading a little flesh for flashbulbs.

## The prom queens

Cannes: You can almost hear Isla Fisher muttering to herself, "Please make me prom queen." That said, her passé, choppy mille-feuille gown looks dowdy rather than daring.

Billboard: Feeling as blue as the carpet, Shania Twain? Her washed out Grecian-style gown certainly says so.

## The wackadoos

Cannes: Florence Welch is a Cannes first-timer, trying a bit too hard in a lurid Miu Miu polka-dot dress and platforms.

Billboard: Z LaLa is an unknown. She clearly wants to make an impression, but dressing like Christmas tinsel isn't going to cut it.

After keeping a close eye on the interiors of Mad Men and Downton Abbey, a chic bar cart is a staple furniture item, whether you live in a modern home or a traditional estate. Having a handy roll away cart to entertain is an impressive way to serve up cocktails. Here's a lineup of brass drink carts — from traditional to modern in style. Not since the '60s and '70s have we seen brass so chic. And although we may consider gold metal tones as traditional, we now have a whole new appreciation for this tone of metal.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

# 5 reasons why the brass bar cart is making a return

### Liberations Bar Cart

Simple industrial cart design gets glamourized with rubbed brass and leather. $775, crateandbarrel.com

### Beckett Bar Cart

Reminiscent of a sturdy serving cart from a European hotel. $1,240, williams-sonoma.com

### San Miguel Trolly

Faux-bamboo detailing and bumper-front curves will keep the traditionalists happy when entertaining. $700, bombay.ca

### Milo Bar Cart

1950's modern style adds clean lines to the bar service and is the perfect addition to the mid-century modern condo. $950, restorationhardware.com

### Connaught Antique Brass Bar Cart

Scaled-down size makes the perfect cart to be used for serving drinks or in a master bath to hold towels. $1,600, upcountry.com

# Questions for your real estate lawyer

**Preparations.** You're buying a new home and need some help from a lawyer — what are you going to ask?

Visiting a lawyer is often reserved for major life milestones, such as purchasing a home.

It is always best to have that contact as early as possible in the home buying process, even before you sign the agreement of purchase and sale, to benefit most from your lawyer's information, advice and insights.

"Since this is typically an infrequent event for most Canadians, it's important that you have an open and fruitful conversation with your lawyer as soon as possible," says Ray Leclair, vice president of public affairs at LAWPRO. "Make sure that you provide your real estate lawyer with all the facts, including your plans and reasons for selecting the property you would like to buy. This will ensure that all potential issues are addressed."

**Be ready to ask questions, such as:**

- Have all building permits and final inspections been obtained for the home?
- Should you get a new property survey?
- Should you buy title insurance? What does title insurance do for you?
- Which due diligence searches will be undertaken and which will not? Why?
- Would you benefit from an alternate home ownership arrangement where you split ownership with a co-owner, based on your family situation?
- Will you need permits or other legal approvals to renovate/add to your home or another property?
- Is anything preventing you from renting out a part of your home or running a business from your home?
- What is power of attorney, and should you have one?
- Should you have a will prepared, now that you will own a major asset?

With this first conversation under your belt, it is important to develop a good relationship and regular contact with your lawyer. They can provide valuable insights and ensure you make educated decisions.

NEWS CANADA

"Should I buy title insurance?!"
ISTOCK IMAGES

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# Get the little ones chopping, stirring and stuffing dinner

**Sweet Bell Peppers Stuffed with Spaghetti, Tomato and Prosciutto**

**This recipe serves six. Each serving contains 380 calories and 10 grams of fat.** MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE)

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

This is a great vegetable or main course dish. The stock and milk sauce replaces traditional white béchamel sauces, which contain excess calories and fat.

**1.** Preheat oven to broil. Broil peppers in oven or grill for 15 minutes or until charred, turning often. Let cool for 5 minutes. Remove tops of peppers and save. Peel skin and de-seed, leaving whole pepper intact. This can be done under cool running water.

**2.** Cook pasta in boiling water according to package instructions or until firm to the bite. Drain and place in large bowl.

**3.** Make the sauce: In large nonstick skillet, heat oil; sauté garlic and onions until soft, approximately 3 minutes. Add tomatoes and cook for 1 minute.

**4.** Meanwhile, combine stock and flour in small bowl; add to tomato mixture and simmer just until sauce thickens slightly, approximately 3 minutes, stirring constantly. Pour over pasta; add basil, margarine, prosciutto and cheese. Mix well. Stuff peppers until full, saving remainder as a side dish. Place pepper top over pasta, to act as lid. ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY: ROSE REISMAN

**Ingredients**

- 6 medium sweet bell peppers (green, red and/or yellow)
- 12 oz spaghettini

**Sauce**

- 2 tsp vegetable oil
- 2 tsp crushed garlic
- 3/4 cup diced onions
- 1 3/4 cups diced tomatoes
- 1 1/4 cups cold chicken stock
- 1 tbsp all-purpose flour
- 1/4 cup chopped fresh basil
- 1 tbsp margarine or butter
- 1/2 cup chopped prosciutto or ham
- 3 tbsp grated Parmesan cheese

**For your phone**

## Great British Chefs Kids (iPhone/iPad; free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

With this kid-friendly cookbook, little hands can make impressive meals. British Chefs offer 102 easy recipes. There's Rice Krispie fish fingers, curly kale lasagna, fruit rockets, pizza hearts, and Fishghetti.

SALES REPRESENTATIVE

Who We Are: Metro is Canada's most-read national daily newspaper brand. Metro targets YAMs (youthful, active metropolitans) and reaches more than 1.6 million readers daily and 3.9 million over the course of a week. Metro launched in Canada in Toronto in 2000 and in the spring of 2012, we launched in 6 new cities. In short – we're still growing!

When you join Metro, you become part of a cross-country community. We strive to provide a culture that is engaging, flexible and creative; we value our employees and their feedback. Metro offers a comprehensive compensation and benefit package.

Metro Saskatoon is seeking an individual to achieve regional targets for print & online and other performance metrics by developing new business.

PRIMARY RESPONSIBILITIES:

- Manage and grow an assigned retail sales territory
- Design advertising programs to reflect the clients' objectives
- New Business Development
- Creatively negotiate rates
- Sell a portfolio of Metro branded products

REQUIREMENTS OF THE POSITION:

- Post secondary education in a related field
- 3 years experience in sales/media sales
- Proficient in Microsoft Office applications
- Creative, efficient, flexible & detail oriented
- Strong verbal and written communication skills
- Proven track record in profitable selling

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than May 31, 2013.
PLEASE QUOTE: "Sales Representative - Saskatoon" in the subject line.
All submissions will be treated as confidential.

metro

# Breakfast. Ham and Cheddar Quiche

**This recipe serves eight.** MATTHEW MEAD/ THE ASSOCIATED PRESS

Quiche has a reputation as a complicated dish.

Home cooks worry about the crust. They agonize over the fillings. Do they have the right mix of meats or veggies? Which type of cheese? And how much is too much? And then there is striking the balance of egg and dairy, never mind determining the best way to season the mixture.

Which makes it all sound so very troublesome. And yet quiche really is such a simple dish. It's both versatile and forgiving.

Here is a simplified version of the dish. Not even the least skilled home cook has an excuse for skipping it. It's easy enough for the kids to help with and can even be prepped the night before.

**1.** Heat the oven to 425 F. Coat an 11-inch tart pan with removable bottom with cooking spray. Alternatively, use a 9-inch deep dish pie pan. Set the pan on a baking sheet.

**2.** Unroll the pie crust and set it into the prepared pan. Gently push the crust into the corners and up the edges of the pan, crimping and trimming as needed.

**3.** Scatter ham and cheese evenly over the crust.

**4.** In a medium bowl, whisk together the eggs, milk, thyme, fennel, salt and pepper. Pour the mixture over the ham and cheese. Bake for 30 minutes, or until puffed and set at the centre and lightly browned at the edges. Cool slightly or completely before slicing and serving. THE ASSOCIATED PRESS

**Ingredients**

- 1 prepared uncooked pie crust, room temperature
- 8 oz deli-sliced ham, chopped
- 6 oz (1 1/2 cups) grated cheddar cheese
- 8 eggs
- 1/3 cup milk
- 1 tsp dried thyme
- 1/2 tsp fennel seed
- 1/2 tsp kosher salt
- 1/4 tsp ground black pepper

Vigneault fired

## Canucks to bring new voice behind their bench

Vancouver Canucks coach Alain Vigneault has paid the price for his team's early exit from the playoffs.

The club fired Vigneault and assistants Rick Bowness and Newell Browne on Wednesday, as the expected fallout from the Canucks' first-round sweep at the hands of the San Jose Sharks finally came to pass.

The Canucks' all-time leader in coaching wins, Vigneault led the club to six Northwest Division titles, two Presidents' Trophy titles and an appearance in the 2011 Stanley Cup final. THE CANADIAN PRESS

Alain Vigneault THE CANADIAN PRESS

NFL

## Offences need fear Urlacher no longer

Brian Urlacher wasn't sure how dominant he could be any longer, so he's calling it a career after 13 seasons with the Chicago Bears.

And what a career it was:

- Eight Pro Bowl seasons.
- Defensive Player of the Year in 2005.
- A trip to the Super Bowl as 2006 NFC champion.

And now, it's over. Urlacher announced his retirement through social media accounts Wednesday. THE ASSOCIATED PRESS

The Blades celebrate scoring a goal against the Mooseheads on Sunday at the Credit Union Centre. LIAM RICHARDS/THE CANADIAN PRESS

# Blades ready to lay it all on the line

**Memorial Cup.** Veterans hope to cap junior careers as winners on home ice

Saskatoon Blades captain Brenden Walker and his teammates know their time together is almost up.

The 20-year-old overage centre leads a veteran roster at the Memorial Cup that's looking to go out on top after a trying season that still has a chance for a happy ending.

The host team at the tournament was assembled with the sole purpose of winning the Canadian Hockey League title, but stumbled badly late in the season and was swept in the first round of the Western Hockey League playoffs.

After a long break that included mounting criticism, the Blades lost 3-2 in the Memorial Cup opener to the London Knights before bouncing back with a big 5-2 upset win over the No. 1-ranked Halifax Mooseheads on Sunday for their first victory in over two months.

With a win over the Portland Winterhawks on Wednesday, the Blades could have advanced to Sunday's final.

Instead, a 4-2 loss has them in a tiebreaking game against London Thursday. The winner advances to the semifinal against Portland.

Walker says it isn't lost on the players that as many as 18 of them could be participating in their final week of CHL hockey.

"We're laying it all out there," Walker said on Tuesday. "There's nothing to rest for, so the guys will take a shot in the teeth, whatever it takes."

Blades defenceman Duncan Siemens, a first-round pick of the Colorado Avalanche in 2011, says the Memorial Cup brings out the best in players.

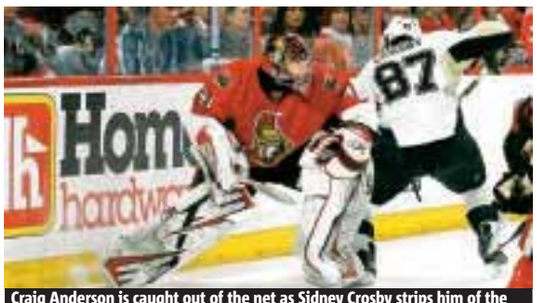
"There's not too many things out there that can beat the stage that we're on. It's one of the hardest trophies in sports to win," he said. "You see that every night when guys go out there and are diving head first in front of pucks and doing absolutely everything they can to help their team." THE CANADIAN PRESS

Bringing it home

**"I think everyone deserves a championship in this city and we feel like we're really lucky."**

**Blades right-winger Josh Nicholls** on the opportunity to bring the Memorial Cup to Saskatoon for team alumni and the city's diehard fans.

# Sens shelled by sure-footed Penguins



Craig Anderson is caught out of the net as Sidney Crosby strips him of the puck on Wednesday. JANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/THE CANADIAN PRESS

James Neal and Jarome Iginla each scored two goals to lead the Pittsburgh Penguins to a 7-3 romp over the Ottawa Senators in Game 4 of their Eastern Conference semifinal series Wednesday — and just one win away from advancing to the next round of the Stanley Cup playoffs.

The Penguins now hold a 3-1 series lead heading into a pivotal Game 5 on Friday in Pittsburgh.

Chris Kunitz, Pascal Dupuis and Sidney Crosby each added a goal for the Penguins, while Milan Michalek, Kyle Turris and Daniel Alfredsson scored for the Senators.

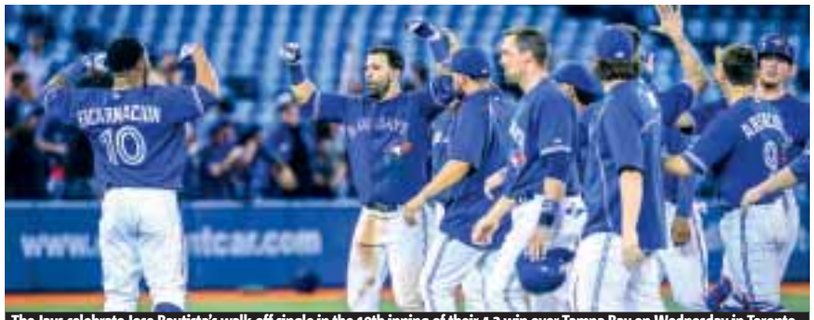
Down 2-1 early in the second, Pittsburgh tied it up when Kunitz snuck behind the Senators defence and went in alone to beat Craig Anderson. Less than a minute later, Anderson gave up a rebound on a Kris Letang shot that landed right on the tape of Iginla's stick to make it 3-2 Penguins.

The Penguins kept up the pressure, scoring another four goals to make it 7-2 before Alfredsson notched his 100th career playoff point with a power-play goal late in the third period. THE CANADIAN PRESS

Lead short-lived

**In scoring the game's first goal, the Senators grabbed their first lead of the series. The marker came while short-handed and was tallied by Milan Michalek.**

4 SPORTS



The Jays celebrate Jose Bautista's walk-off single in the 10th inning of their 4-3 win over Tampa Bay on Wednesday in Toronto.
DAVID COOPER/TORSTAR NEWS SERVICE

# Extra special: Jose lights Blue Jays' way past Rays

**MLB.** Right-fielder's heavy-hitting heroics help ensure series victory over Tampa Bay

Jose Bautista homered twice and drove in Colby Rasmus with the winning run in the 10th inning to give the Toronto Blue Jays a 4-3 come-from-behind win over the Tampa Bay Rays on Wednesday in Toronto.

Rasmus reached on an infield single, moved to second on a sacrifice bunt by Emilio Bonifacio and advanced to third on a grounder by Munenori Kawasaki. Rasmus scored when Bautista singled off Rays reliever Kyle Farnsworth.

An inning earlier, Bautista — who had four hits and four RBIs — hit a game-tying blast off Tampa Bay closer Fernando Rodney. Reliever Aaron Loup (2-3) picked up the victory as Toronto improved to 19-27 by taking the rubber game of the three-game series.

Tampa Bay (24-22) had taken a one-run lead in the top of the ninth. Evan Longoria hit a one-out double off Toronto closer Casey Janssen and scored on James Loney's single.

Bautista answered in the bottom half with his second rainbow shot to left field of the game. The Toronto slugger now has 11 home runs on the season.

THE CANADIAN PRESS

**Olympics**

## Targeted drug testing needed to catch cheats: IOC

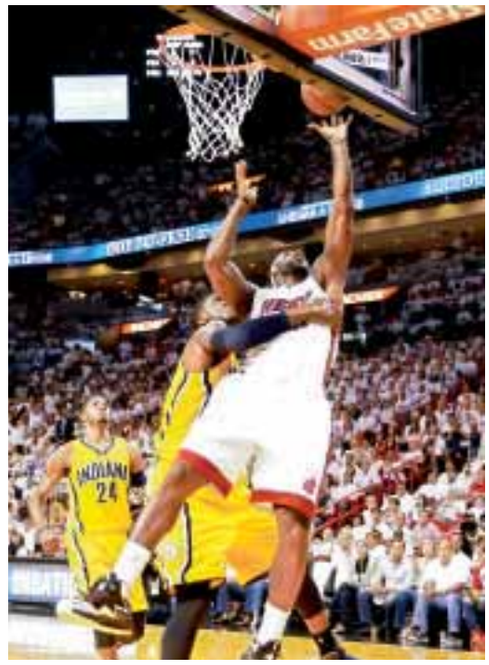
Olympic officials agree that more targeted, out-of-competition testing in high-profile sports is needed to catch the drug cheats who are escaping the net, IOC president Jacques Rogge said Wednesday.

Rogge told The Associated Press that sports leaders who attended a summit at IOC headquarters in Switzerland concluded that better testing — rather than more tests — is the best way forward in the anti-doping fight.

Drug-testing strategies and the role of the World Anti-Doping Agency were discussed at a meeting of Olympic leaders Tuesday in Lausanne.

While the IOC declined to release details on Tuesday, Rogge said in an interview that all sides agreed on the need for greater unannounced out-of-competition testing.

THE ASSOCIATED PRESS



## James sinks Pacers in Game 1

Pacers centre Roy Hibbert drags down Heat forward LeBron James on his way to the basket during Game 1 of the Eastern Conference final on Wednesday night in Miami. LeBron James hit a layup at the buzzer in overtime as the Heat took the opener 103-102 MIKE EHRMANN/GETTY IMAGES

See today's answers at metronews.ca/answers.

## Horoscopes

### ♈ Aries
**March 21 - April 20**
Chances are you will waste a considerable amount of time today doing nothing. And why shouldn't you? You can't be a live wire Aries every day of the week. Goof off, but only a little.

### ♉ Taurus
**April 21 - May 21**
Why are you using up so much energy trying to change things you know cannot be changed? Yes, OK, your sense of purpose is impressive but there comes a point when it just becomes stupid. Give it up.

### ♊ Gemini
**May 22 - June 21**
Sometimes it's not wise to dig deeply, especially in areas where people's secrets are concerned. If nothing else, it gives people an excuse to do a little digging in your affairs too.

### ♋ Cancer
**June 22 - July 23**
If your instincts tell you that something is wrong, you must not allow loved ones to persuade you otherwise. You are entitled to your point of view and you don't have to change it for anyone.

### ♌ Leo
**July 24 - Aug. 23**
Try to resist the urge to spend your hard-earned cash on things you don't really need. Yes, of course, there are more important things in life than money but that does not mean you should throw it away.

### ♍ Virgo
**Aug. 24 - Sept. 23**
There is something a partner needs to be told and you know it is you who must tell it. You also know they won't be happy to be made to face up to the truth. It's for their own benefit.

### ♎ Libra
**Sept. 24 - Oct. 23**
You need a change of scene, so if you get the chance to go somewhere different today, even if it's just a walk round the block, take it. A new environment will give you a new perspective on your problems.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
Whatever setbacks you may have experienced recently, your long-term outlook is good so stop worrying. You may find that hard to believe but the planets don't lie.

### ♐ Sagittarius
**Nov. 23 - Dec. 21**
You may be tempted to open your heart and let everyone know how you feel but is that a bright idea? There are people out there who would happily use your honesty against you.

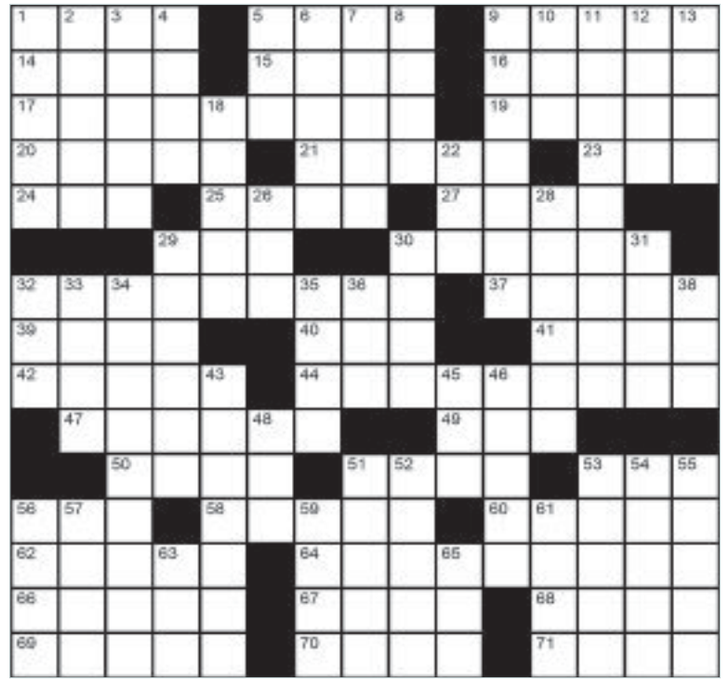
### ♑ Capricorn
**Dec. 22 - Jan. 20**
The most important thing over the next few days is that you have faith in yourself. Talent and experience are important, of course, but self-belief trumps everything.

### ♒ Aquarius
**Jan. 21 - Feb. 19**
You may have to say something to a friend that sounds a bit harsh but it is for their own good. They will be stronger for it in the long-term — and they will always remember it was you who made it possible.

### ♓ Pisces
**Feb. 20 - March 20**
Be careful you don't jump to conclusions today, especially if you are the kind of Pisces who thinks more with your heart than your head. Give others a chance to explain before you pass judgement. **SALLY BROMPTON**

## Crossword: Canada Across and Down

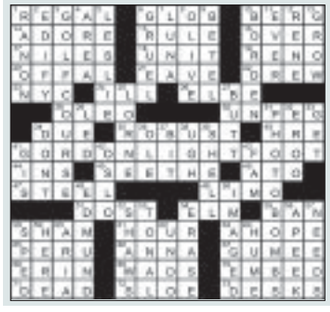
BY KELLY ANN BUCHANAN



**Across**
1. Be unwilling/complain
5. Computer company
9. Upper Fort __ (Historical site in Manitoba)
14. Fertilizer ingredient
15. Timbuktu's locale in Africa
16. Permeate
17. Vancouver's __ Island
19. "__ Fat Greek Wedding" (2002): 2 wds.
20. Los Angeles basketballer
21. Snake's toxin
23. HS subject
24. Winding shape
25. Candid
27. Billboard
29. Note before Lah
30. Pour†out wine
32. New Brunswick city
37. Actor Chris of "American Pie"
39. Take _ __ dancing lesson
40. Regret
41. Sgt. Snorkel's comic strip dog
42. Mow the grass shorter
44. Johnny Depp's frequent movie director: 2 wds.
47. 'Synthetica' is this Canadian band's current album
49. Sort of tribute
50. Workshop implement
51. Garbage bag brand
53. Bird that's a thief
56. Auto
58. Actor Mr. Davis
60. Ahead of time
62. Visibly stunned
64. French __, as per education
66. Nouveau __ ($$$)
67. Its capital is Muscat
68. Terrible tsar
69. Gambling card game
70. R&B singer, __-__
71. Singer Ms. Dobson

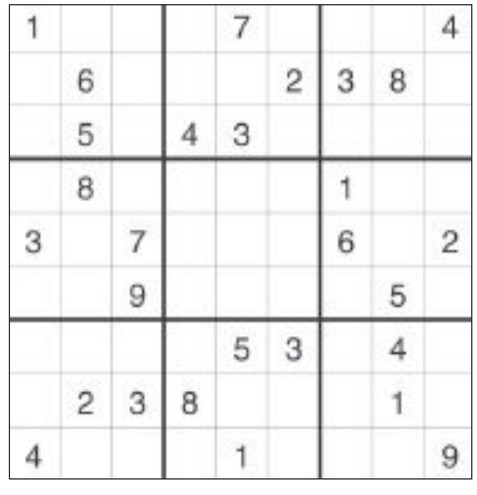
**Down**
1. Military instrument
2. Rich tapestry
3. Drip-drops
4. "Citizen __" (1941)
5. "Who __ _ to say?"
6. Birth a bovine
7. "Grey's Anatomy" star Ms. Pompeo
8. Zippo ...mais en francais
9. Marketing ploy, for instance
10. Canadian singer/songwriter Ms. Sky
11. 11th Prime Minister, from 1930 to 1935: _._. __
12. Destroy
13. Safecracker
18. High speedster's sound
22. Suffix with 'Lact'
26. __ Beta Kappa
28. Aplenty
29. Canadian cheese giant since 1954
30. Per __ (Daily)
31. Musician Mr. Puente
32. Impair
33. Detail
34. NASCAR venue
35. Federal org. concerning broadcasting
36. Aujourd'__ (Today, in French)
38. __-stick frying pan
43. "Raise a Little Hell" band
45. __ constrictor
46. Bovid bag
48. French pronoun
51. "That's mine!!"
52. Catriona __ __ Doan, Canadian Olympian/broadcaster
53. Ambition
54. "We need _ __ of bread." ...said the store-stuff needer
55. Kathleen __, Premier of Ontario
56. Kind of fish
57. Currency exchange fee
59. Priory of __
61. "Like, that's ever going to happen.": 2 wds.
63. "__ Loves You" by The Beatles
65. Roxy Music's Brian

### Yesterday's Crossword



## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



### Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | 6 | 2 | 5 | 1 | 4 | 7 | 8 | 3 |
| 8 | 3 | 1 | 9 | 6 | 7 | 4 | 2 | 5 |
| 5 | 7 | 4 | 8 | 2 | 3 | 6 | 9 | 1 |
| 2 | 5 | 7 | 3 | 4 | 1 | 9 | 6 | 8 |
| 6 | 9 | 3 | 7 | 8 | 2 | 1 | 5 | 4 |
| 4 | 1 | 8 | 6 | 9 | 5 | 2 | 3 | 7 |
| 1 | 8 | 9 | 4 | 5 | 6 | 3 | 7 | 2 |
| 3 | 4 | 6 | 2 | 7 | 8 | 5 | 1 | 9 |
| 7 | 2 | 5 | 1 | 3 | 9 | 8 | 4 | 6 |

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TWN incorporates MSC data

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